

HANDLING STRESS

Being a parent is difficult. No one expects you to know how to do it all. Challenges such as unemployment or a child with special needs can add to family tension. If you think stress may be affecting the way you treat your child, or if you just want the extra support that most parents need at some point, try the following:

Talk to someone.

Tell a friend, healthcare provider, or a leader in your faith community about what you are experiencing. Or, join a support group for parents

Seek respite care when you need a break.

Everyone needs time for themselves. Respite care or crisis care provides a safe place for your children so you can take care of yourself.

Call a helpline.

Most States have helplines for parents. Childhelp USA® offers a national 24-hour hotline (1-800-4-A-CHILD) for parents who need help or parenting advice.

Seek counseling.

Individual, couple, or family counseling can identify and reinforce healthy ways to communicate and parent.

Take a parenting class.

No one is born knowing how to be a good parent. It is an acquired skill. Parenting classes can give you the skills you need to raise a happy, healthy child.

Accept help.

You do not have to do it all. Accept offers of help from trusted family, friends, and neighbors. Do not be afraid to ask for help if you feel that you need it.

Resources

In addition to choosing a health care provider for your baby, it's also important to know where to look for quality support and education. These organizations can help:

American Academy of Pediatrics - (847) 434-4000 Children's health and parenting publications

La Leche League - (800) LALECHE Breastfeeding consultations and publications

March of Dimes - 1-888-MODIMES or www.marchofdimes.com

Tennessee Department of Health – 1-800-FOR-BABY

Source:

U.S. Department of Health and Human Services, Administration for Children, Youth and Families, fact sheet, http://nccanch.acf.hhs.gov/topics/prevention/supporting/tips_resources/tips.cfm